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Sept. 15, 1943
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USDA BULLETIN BOARD

Broadcast by Ruth Van Deman and Maurice L. DuMars in the Department of Agriculture portion of National Farm and Home Hour, Wednesday, September 15, 1943, over stations associated with the Blue Network.

---ooOoo---

DUMARS: Say, Ruth...there's been some talk that we'll need to let out our clothes around the waist because of the starchy foods in the wartime diet. But there's a note on the Bulletin Board that says not to worry about that. The note is from the chief of the Bureau of Human Nutrition and Home Economics -- Dr. Henry C. Sherman. Tell us his reasoning on that, will you?

VAN DEMAN: Why yes. Dr. Sherman says, "Eat more cereals and don't worry about the waistline." And the reason is this: We could eat about one fourth more grain food to offset reduced amounts of meat, fats, and sweets. Chances are the woman who doesn't want to gain weight -- or the man, for that matter -- is getting less sugar and fats than in peacetime.

Dr. Sherman suggests that we eat grain foods in any form we like -- as bread, as breakfast food, in desserts, and so on. The grain foods are plentiful and economical. There's no reason we shouldn't eat more of them, if we remember to eat plenty of fruits and vegetables to add the vitamins and minerals we don't get in grain foods.

DUMARS: Thanks, Ruth. Now there's also a notice on the Bulletin Board about farm labor. This evening 233 Boy Scouts will leave Boston by train to help harvest potatoes in Aroostook County, Maine. By the end of the week, over 600 more Scouts are due to join the first contingent. They're all from Massachusetts, Connecticut, and Rhode Island. Each Scout has the permission of his parents, a certificate of health from his doctor, and has been excused from school with the understanding that the lost time will be made up.

The Scouts will be housed and fed in schools, granges, and other public buildings. They should be able to make from four to six dollars a day. Counting Maine youngsters as well as those from outside, Maine expects to have the help of 10,000 youth in harvesting the State's 62-million-bushel-crop of potatoes.

There's still a lot of harvest work to be done--many kinds, in many communities. The county agricultural extension agents and United States Employment Service offices would like to hear from you, if you can help.

Well, that's one side of the farm labor problem. But there's another.

(CONTINUE WITH LABOR-SAVING WAYS TO HANDLE LIVESTOCK)

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